

## 5 A Day Recipes

### Salads

#### Crunchy Tuna Salad

**Serves 4**

- ¼ cup bulgur
- ½ cup plain low fat yogurt
- 1 Tbsp. lemon juice
- 2 Tbsp. thinly sliced green onion
- 1 medium tomato, seeded and diced
- 2 cups lettuce greens
- ½ cup hot water
- 1 Tbsp. chopped fresh mint or 2 tsp. dried mint, crushed
- 1 Tbsp. Dijon mustard
- 1 6-½ or 7 oz. can water
- packed tuna, drained
- 1 cup diced zucchini or cucumber

In a medium bowl, combine bulgur and water. Let stand 30 minutes. Drain well. Stir yogurt, mint, lemon juice, mustard and green onion into bulgur. Add tuna, tomato and zucchini or cucumber. Stir gently to break up tuna and coat with yogurt mixture. To serve, line small plates with lettuce leaves and top with tuna mixture.

#### Nutritional Analysis

Calories: 132  
Cholesterol: 31 mg  
Fiber: 2.5 g  
Sodium: 149 mg  
% Calories from Protein: 49%  
% Calories from Carbohydrates: 43%  
% Calories from Fat: 8%

This is an official 5 a Day recipe, and provides four people with 1½ servings of vegetables each